

What to Do If You Have Been Assaulted or Experienced a Safeguarding Offense

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If you have experienced an assault or any other safeguarding or welfare concern, you deserve support. This document is to inform you of the best practical next steps to get the care you need and to help you make decisions for the future.

Here is a list of steps to follow:

1. Ensure Immediate Safety

- Get to a safe place – remove yourself from any immediate danger. If you are in public, try to stay in a well-lit, populated area.
- Call for help. If you are in immediate danger, call the emergency services by dialling 999. If the situation is non-emergency but still concerning, dial 101 to report the incident to the police.

2. Seek Support

- Contact someone you trust. Reach out to a friend, family member, or colleague for emotional support.
- Speak to your safeguarding lead: if this occurred at work, inform your designated safeguarding lead or manager who can assist in taking the necessary steps.

3. Document The Incident

- Write down what happened.
- Record as much detail as you can, including:
 - Date and time of the incident
 - Description of the individual(s) involved
 - What was said or done
 - Names of any witnesses
 - Where the incident took place
 - If it was in anyway a physical assault – preserve any evidence: Avoid washing, changing clothes, or cleaning anything if the incident involved physical assault, as this may help in any future investigation.

4. Report The Incident

- Report to the Police. If the assault was physical, sexual, or otherwise criminal, report the matter to the police. You can report it by calling 999 in an emergency, 101 in a non-emergency, or by visiting your local police station.
- Report to your organisation. If the offense occurred at work or a work event, report it to your employer or HR department.

5. Get Medical Attention

- Visit a healthcare professional, even if you don't have visible injuries. It's important to get checked out by a doctor or go to the nearest Accident & Emergency department.
- Ask about mental health support – Trauma from an assault may affect you mentally as well as physically. Ask for advice on seeking mental health services, such as counselling or support groups.

6. Seek Specialist Help

Citizens Advice



Citizens Advice provides free, confidential, and impartial advice to help people find solutions to their problems. They assist with various issues, including money, benefits, housing, and employment concerns. Their goal is to guide people through crises or help them explore their options. [More info](#)

Community Security Trust (CST)



CST is a charity dedicated to protecting British Jews from antisemitism and related threats. It provides security advice and training to Jewish communal organisations, schools, and synagogues, securing over 650 buildings and 1,000 events each year. CST works closely with the Police and Government and has a 24-hour helpline for reporting antisemitic incidents: **0800 032 3263**. [More info](#)

Disability Rights UK



Disability Rights UK offers online advice and information about equality, accessibility, and the rights of disabled people in the UK. Their goal is to empower disabled individuals by providing the tools and knowledge needed to navigate and overcome barriers. [More info](#)

Galop



Galop supports LGBT+ individuals who have experienced abuse or violence, including domestic abuse, hate crimes, and sexual violence. Run by LGBT+ people, they offer national helplines for various forms of interpersonal abuse and focus on helping survivors. [More info](#)

MIND (The Mental Health Charity)



MIND provides mental health support via helplines and online resources. They offer guidance for those experiencing a mental health crisis and work to ensure everyone gets the help they need. Lines are open 9 am to 6 pm, Monday to Friday. Call **0300 123 3393**, email info@mind.org.uk, or [use the online tool](#).

Refuge



Refuge supports women and children facing domestic violence, sexual abuse, forced marriage, and human trafficking. They operate a 24-hour National Domestic Violence Helpline: **0808 2000 247**.

[More info](#)

Samaritans



Samaritans offer emotional support 24/7 to anyone struggling with distress. Their helpline is open to anyone needing to talk about any problem. Call **116 123** for confidential support.

Stonewall



Stonewall provides advice and support for LGBTQ+ individuals, with online resources and helpline services available. They work to empower the community and provide support on issues affecting LGBTQ+ lives. [More info](#)

The Survivors Trust



The Survivors Trust supports victims of rape and sexual abuse, providing help regardless of the victim's background. Their helpline, **0808 801 0818**, is available for anyone seeking assistance. They offer trauma-informed care and believe in a survivor's right to access the best support. [More info](#)

Tell Mama



Tell Mama allows individuals to report and seek support for incidents of Anti-Muslim hate and Islamophobia. They offer a platform for victims to report abuse and work toward reducing hate crimes. [More info](#)

True Vision



True Vision allows people to report hate crimes online without having to visit a police station. The platform ensures that hate crimes are taken seriously by the police, even if the reporter wishes to remain anonymous. [More info](#)

Victim Support



Victim Support offers free, confidential support to victims of crime, regardless of whether the incident has been reported to the police. Their helpline, **0808 168 9111**, provides guidance to help people move forward after being affected by crime. [More info](#)

Women's Aid



Women's Aid supports women and children affected by domestic abuse. They provide practical advice, safety planning, and emotional support to help survivors understand that abuse is not their fault.

[More info](#)

7. Protect Your Rights

- Know your rights! You have the right to feel safe, respected, and supported. If you face any barriers or feel that your concerns are not being taken seriously, seek legal advice or advocacy support.

8. Follow Up On Reporting

- Whether you reported the incident to the Police, safeguarding team, or HR, follow up to ensure your report is being handled and taken seriously.
- Ask for updates – request information about how your case is being managed and what steps are being taken to protect your safety and well-being moving forwards.

9. Practice Self-Care

- Look after your mental and emotional health. Experiencing an assault or safeguarding offense can be very traumatic. It's important to take time to heal and seek professional mental health support if necessary.
- Give yourself time. Healing from trauma can take time. Be kind to yourself and reach out to friends, family, or professional services whenever needed.

Remember, you are not alone. There is support available to help you through this difficult time, and you deserve to feel safe and supported.